



Spokane County

WIC Facts: FFY 2004

Infants Born Served by WIC

County..... 55.2%
Statewide..... 48.6%

Women, Infants and Children Served

Total: 21,890

Infants and children under 5..... 16,005
Pregnant, breastfeeding and postpartum women..... 5,885

WIC Food Dollar Contribution to Local Economy

WIC Program Food Dollars
\$8,086,497
WIC Farmers Market Nutrition Program Food Dollars
\$32,594

WIC Families

Working families..... **64.1%**
WIC households with at least one working family member

Families living in poverty..... **66.4%**
Percent of WIC clients with income at or below the federal poverty level (\$1,307 per month for a family of 3)

WIC Nutrition Education Promotes Healthy Choices

Total nutrition education sessions..... **56,942**

WIC nutrition education:

- Emphasizes healthy lifestyle habits so families can eat better and stay active now to prevent obesity and other chronic diseases later in life.
- Promotes breastfeeding for the first year of life. And, with the breast pump loan program, helps mothers continue to breastfeed after returning to work or school.
- Helps prevent early childhood caries by screening for early signs of poor oral health, giving parents ideas for healthy snacks and stressing the importance of dental care by age one.



WIC Attracts Families to Preventive Health Services

WIC referrals..... **80,652**

WIC informs families about health related services and provides them with the information and support needed to access them successfully.

* Maternity Support Services

Spokane County

WIC Agencies and Sites

Spokane Regional Health District

Airway Heights
Deer Park
Downtown
East Central
North Spokane
Northeast
Valley

West Central Community Center

Cheney
Fairchild AFB
Spokane

WIC Authorized Grocery Stores

Albertsons

Barney's Harvest Foods

Cheney Trading Company

Denny's Harvest Foods

Fairchild Military Commissary

Fred Meyer

Harvest Foods

Mitchell's IGA

Riverside Family Foods Inc.

Rosauers

Safeway

Suncrest Supermarket

Super 1 Foods

Tidyman's

Wal-Mart Supercenter

Yoke's Foods/Fresh Market

WIC Authorized Farmers Markets

Spokane Farmers Market